



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

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For More Information, Contact:
Deanna Askew
Healthy Weight Coordinator
North Dakota Department of Health
Phone: 701.328.4568
E-mail: daskew@nd.gov

Moving More, Eating Smarter Community Coalitions Encourage North Dakotans To Be Active and Make Healthy Food Choices

BISMARCK, N.D. – The North Dakota Moving More, Eating Smarter Community Coalitions are celebrating Fruits & Veggies – More Matters® Month this September by encouraging all North Dakotans to enjoy the bountiful fall vegetable and fruit harvest in our state.

The Moving More, Eating Smarter Communities Program, formerly known as the 5 + 5 Communities Program, celebrates 10 years in 2008. Goals of the Moving More, Eating Smarter Communities Program are to encourage North Dakotans to move more on most days of the week and to make smart choices from every food group.

“The community coalitions are helping to create environments where the healthiest choices are the easiest choices,” said Deanna Askew, Healthy Weight Program coordinator for the North Dakota Department of Health. “We encourage North Dakotans to explore the growing number of farmers markets to find smart eating choices – fruits and vegetables in season, such as apples, squash, tomatoes and pumpkins.

The Moving More, Eating Smarter Communities Program is helping to build a *Healthy North Dakota* one community at a time. Information about healthy lifestyle choices wherever North Dakotans live, learn, work or play can be found at www.healthynd.org/.

For more information, contact Deanna Askew, North Dakota Department of Health, at 701.328.4568 or Karen Ehrens, Moving More, Eating Smarter Communities coordinator, at 701.223.2616.

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600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: health@nd.gov

Visit the health department home page at www.ndhealth.gov.